

ABSTRACT OF THE DISCLOSURE

An actuator comprises an actuator member and an assist mechanism. The assist mechanism comprises an assist element that is adapted to store energy to assist in moving the actuator member. The assist element is carried between two members. The members act upon the assist element to cause the assist element to store energy when the actuator member is moved in an extended direction and release the energy when the actuator member is moved in a retracted direction, whereby the retracted direction is opposite to the extended direction. The actuator is for use in moving the seat relative to the frame.